WINTER TERM WORKSHOPS 2025

Registration opens 11/13 @12pm

Email wtw@middlebury.edu with questions

The Student Activities Office is happy to provide the 2025 Winter Term Workshop programs. **All workshops are free and non-credit bearing.**

Workshop Registration Information:

Register for the workshop(s) of your choice starting Wednesday, November 13, 2024 at 12:00pm until 12:00pm Friday, December 6, 2024 using Ideal Logic (go/ideal) or the provided link. **Please use your Middlebury single sign on when logging in to Ideal Logic. If you have any questions regarding a workshop, please email the instructor directly.**

- Workshops begin Monday, January 6, 2025 and end Thursday, January 31, 2025.
- The deadline to cancel your attendance in a workshop is Sunday, January 5, 2024.
- **Asterisked workshops are offered for P.E. credit; you must attend at least 8 hours to receive the PE Credit.**
- Contact the Student Activities staff at wtw@middlebury.edu if you have any questions.

Activism: An Inside Job

We typically think of activism as fixing the outside world. This workshop invites us to focus inward, to build resilience. We will work to reduce anxiety, vicarious trauma and burnout from engaging in social and environmental justice and understand how radical self-care fuels our efforts. Activities will include discussion, art, guided imagery and movement.

Registration Link: https://forms.gle/GdQ9WEALgVDMKZVB6

MEETING:	Tuesday, 3:00pm-4:00pm 1/7, 1/14, 1/21, 1/28
LOCATION:	Mitchell Green Lounge
Instructor:	Leila McVeigh

Atlas in a J-Term

Have a list of map ideas you have been sitting on for years? Want to be inspired and held accountable to not just start maps, but finish them? Our workshop is a place for map-makers of all backgrounds to come together to make maps during J-Term. Each week we will hold group work sessions in the lab to share ideas, feedback, and support each other. At the end of J-Term, we will compile all of our maps into the first ever J-Term Atlas, hopefully the start of a fun winter tradition. While there will be no formal technical instruction, all mapmakers are welcome! We hope to have it all! Hand-drawn maps, fantasy maps, maps straight out of QGIS, even fancy Blender maps! Join us this J-Term to make the maps of your dreams in a collaborative and supportive setting.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_bacfeace1c51

MEETING: Monday, Wednesday, 6:30pm-8:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: BiHall 632
Instructor: Tate Sutter
Co-Instructor: Benjamin Cordola

Bachata & Cuban Salsa

In this workshop, you'll learn the basic steps and movements of two of the world's most beloved partner dances! These beginner classes will focus on individual technique, introduce you to partner dancing (leading and following), and share about the culture of the dance forms.

These will be beginner classes — no prior experience necessary! The only prerequisite is your eagerness to learn and have a great time.

No partner needed for sign-ups. You may sign up as an individual.

Registration Link: https://forms.gle/23pKmCXVqigrgfGY6

MEETING: Tuesday, Thursday, 7:00pm-8:00pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Forest 031 (first three meetings), ADK Coltrane Lounge (starting 1/16)
Instructor: Mike Nunziante
Co-Instructor: Alessia Di Pede

Basic Audio Engineering for Live Events

Are you passionate about music and intrigued by the magic that happens behind the scenes during a live performance? The Audio Engineering Workshop: Mixing Bands for Live Performance; is your gateway to the exhilarating world of live sound mixing. Whether you're an aspiring audio engineer or a band enthusiast looking to enhance your understanding of the live sound experience, this workshop is tailored to cater to your interests. Dive into the fundamental concepts of live sound engineering, including signal flow, acoustics, and equipment setup. Understand the key components of a live sound system and how they work together to create a sonic masterpiece.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_8e5f5cbb7bb3

MEETING: Tuesday, 6:00pm-8:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: FIC Bunker
Instructor: Sam Hurlburt
Co-Instructor: Dave Wilder

Bollywood Dance Workshop*

Join me for a vibrant beginner-friendly dance workshop, where we will be learning dances in different Bollywood songs. With Bollywood being such a big part of my life, I want to put this energy out into the community and appreciate this culture. Bollywood Dance is not that known in other parts of the world except for South Asia, so it provides people an opportunity to learn and share one another's cultures. Whether you're a dance enthusiast, or simply curious about different cultures, this is a chance to immerse yourself in the richness of Bollywood - no prior experience is needed!Last J-Term, this workshop was a hit. And this time we are making it even better by exploring choreography, individually as well as in groups, with the possibility of a final performance show or a celebration! This workshop is about connecting through culture, and shared experiences, all with an element of creativity.
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_3c1dfd86eab7

MEETING: Monday, Wednesday, 5:00pm-7:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: MAC Dance Studio 109
Instructor: Meghasha Dangal

Bridge Workshop

Are you, much like every other student at Middlebury fretting the day you enter the premises of a retirement home?!? Fret not dearest compatriot, for this workshop aims to teach students the game with the oldest average playing age: bridge. In this workshop bidding, playing, finessing, scoring, and a variety of other skills are bestowed upon students aimed at achieving bridge literacy. Players of any experience are welcome! This workshop will be primarily using the Standard American Yellow Card bidding system (SAYC). Hope to see you soon and feel free to email me if spots fill up (lps@middlebury.edu).

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_8c9524204ab1

MEETING: Monday, Friday, 7:00pm-8:30pm, 1:30pm-3:30pm
1/6, 1/10, 1/13, 1/17, 1/20, 1/24, 1/27, 1/31
LOCATION: Axinn 104
Instructor: Lia Smith

Chinese Architectural History and Woodwork of 斗拱 Dou Gong and 榫卯Sun Mao Structures

This will be an aesthetic introduction to Chinese Ancient Architecture Developments and Techniques. We will be exposed to terminologies in Chinese architecture to master the language when we talk about Chinese architecture. After we are more familiar with the "Order" of Chinese Architecture, we are going to look at specific examples from 汉 Han, 唐 Tang, 辽 Liao, Yuan, and the 清 Qing Dynasties. We will have hands-on experience creating Dou Gong (Bracket Sets) models and try to assemble them on a supporting column for a beam. No knowledge of architecture or Chinese background is needed; it's meant to expose you to what Chinese architecture is and why this nation created its history beneath these enormous Halls, palaces, temples, and Pagodas.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_daf40a3e34e5

MEETING: Wednesday, Saturday, 4:00pm-5:00pm, 10:00am-12:00pm
1/10, 1/17, 1/18, 1/25
LOCATION: Mitchell Green Lounge, Johnson 201
Instructor: Jiajun Xia
Co-Instructor: Kurt Le

Feminist storytelling workshop

This workshop will focus on female storytelling in literature, film, and life! Together, we'll explore feminist theories, feminist epistemologies, and broader themes within feminism. We can kick off with readings or films if that's preferred, but regardless of format, this workshop is designed to provide a space for women and feminists to share their stories. Here, we'll reflect on what it means to be a woman and examine how our voices are (or aren't) heard in the public sphere.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_90ceee6459a2

MEETING:	Tuesday, Thursday, 3:30pm-5:00pm 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION:	Axinn Abernethy Room
Instructor:	Jessica Li

Green Dot Bystander Training

This training will run from 2pm-8pm on Friday, January 24th 2025, and dinner will be provided. Located in Ross seminar room B11 on the ground floor of Ross.Green Dot is a bystander intervention strategy for preventing interpersonal violence, especially intimate partner violence, sexual assault, and stalking. Green Dot methods support the development of a campus culture that is intolerant to violence, offering tools for proactively preventing violence before it starts. Green Dot helps participants learn to recognize the warning signs that harm may occur, has occurred, or may be occurring over time. For active or imminent harm, Green Dot provides diverse strategies of intervention that can suit a wide variety of circumstances and interveners.

The Green Dot Bystander Training offers relevant knowledge about power-based personal violence, skills practice, and opportunities for reflection on the role you have to play in preventing violence on campus. From this training, you will be well-equipped to proactively and reactively prevent interpersonal violence and to inspire continued engagement with the Green Dot strategy in your clubs or student groups. This training is the single most thorough engagement you can have with Green Dot practice and learning. This knowledge is vitally important to sustaining a culture that impedes interpersonal violence on campus.

Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSfAzRsm5L3K0sJelkthZGFxoNK01JTpxRrRuZp2aHyatU19uQ/viewform?usp=sf_link

MEETING:	Friday, 2:00pm-8:00pm 1/24
LOCATION:	Ross 011
Instructor:	george howard

Guitar 101

We will teach the basics of guitar, both electric or acoustic, including chords, strumming, the parts of the guitar, and basic songs. This course is intended for absolute beginners, as well as guitarists who are looking to get back into the instrument. You must provide your own guitar.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_57dc71c38b66

MEETING: Tuesday, Thursday, 7:00pm-8:00pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: MAC 125
Instructor: Joseph Jacobson
Co-Instructor: Henry Zhan

Horsemanship Workshop*

This horsemanship workshop will teach participants the basics for working with horses on the ground! Activities will involve learning essential horse care skills, such as grooming and tacking up. We will also be learning key aspects of working with horses, such as groundwork, leading, reading horse body language, anatomy, and other key parts of horse identification. We'll also work on important parts of horse care like health and wellness, and good barn management practices. Those wanting to join the Equestrian Team in the Spring or in the future are strongly encouraged to take this workshop to set you up with the basics for taking team lessons.
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_cf5651c5637e

MEETING: Wednesday, 1:00pm-3:00pm
1/8, 1/15, 1/22, 1/29
LOCATION: Eddy Farm
Instructor: Tess Hegarty
Co-Instructor: Alivia Hartz, Kathleen Schroeder, Sofia Goerck de Carvalho Macedo, Caroline Lawler

Hunter Education Field Day*

Emphasis on hunter safety, outdoor safety & wildlife conservation. Pre-requisite 5-hour online course to participate in the Saturday workshop. The day-long field-day of hands-on activities include orienteering and live-fire target practice. Upon successfully completing the online course, field day and written test, participants will be certified to purchase a hunting license in the United States and Canada. The field-day event will take place at Kehoe Green Mountain Conservation Education Center and Shooting Range. Transportation will be provided, leaving campus at 8:00 a.m. and returning by 6:00 p.m. Portions of the day will be spent outdoors - please dress accordingly and bring a bag lunch. *To receive the online course from

the State of Vermont, please provide an email address that you will check regularly. If you sign up a friend, please provide their email.
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_fde2fb34eed3

MEETING:	Saturday, 8:00am-6:00pm 1/18
LOCATION:	Off campus, transportation provided
Instructor:	Jesse Stratton
Co-Instructor:	Joe Tamagni

Intro to Mending

Hole in your pants? Sweater starting to fray? Tote bag strap falling off? Missing a button? In this workshop, we will cover basic mending techniques for a variety of types of damage to your clothing and other fabric items. No prior sewing experience is needed! The focus will be primarily on visible mending techniques like sashiko embroidery, but more subtle and invisible methods will also be covered. Participants will be asked to bring their own items to mend, but if you want to learn and don't have a piece to work on you can ask for contributions from friends (provided they are okay with their clothes being a part of your learning process). Please reach out to me at ebarrett@middlebury.edu if you have any questions!

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9fd2467c6d13

MEETING:	Wednesday, Sunday, 4:00pm-5:30pm 1/8, 1/12, 1/15, 1/19, 1.22, 1/26, 1/29
LOCATION:	The Prism Center
Instructor:	Emma Barrett

Introduction to Russian Religious Philosophy

When we discuss the philosophy of religion, we often think of philosophers like Thomas Aquinas, Kant, or Spinoza, but almost all of these great masters came from the Western world. It seems that the Russian tradition is missing from the field of Christian philosophy. However, when we read Russian literature, we often encounter problems of religious philosophy—Tolstoy and Dostoevsky contemplate the existence of God, good and evil, or human free will. In reading these authors, we realize that religious philosophy is an important part of Russian culture. What explains this paradox? This workshop will explore the reasons and seek to answer: what role

does Russian religious philosophy play in Russian culture? Why is it so neglected compared to its Western counterpart?This workshop will introduce Russian religious philosophy through four stages of development: the origins of modern Russian philosophy in the 19th century; the thought of late 19th-century philosophers like Solovyov; the golden age of religious philosophy in the early 20th century, which includes philosophers like Shestov and Bulgakov; and how philosophers exiled abroad after the October Revolution continued the philosophical tradition. At the same time, we will examine philosophy in its broader cultural and literary contexts and discuss the contributions of Russian culture and literature to religious philosophy. There will be three meetings: the first two will provide a brief overview of the history of Russian religious philosophy; the last will take a seminar format to discuss the relationship between Russian culture and its religious philosophy. No prior background in philosophy or religion is expected.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_5e850ee4d6ef

MEETING:	Thursday, 7:00pm-8:00pm 1/9, 1/16, 1/23, 1/30
LOCATION:	Munroe 217
Instructor:	Iris Xu

Introductory Persian

Persian, an Indo-European language in the Iranian branch, is spoken primarily in Iran, Afghanistan, and Tajikistan, where it is known respectively as Persian, Dari, and Tajik. These three varieties share a common linguistic foundation while also reflecting the unique cultural identities of each region.This workshop offers a foundational introduction to both spoken and written Persian, focusing on Iranian Persian. Designed for beginners, no prior knowledge of Persian is required. We start with the Persian writing system, providing instruction in the Perso-Arabic script for those unfamiliar with it. Core vocabulary and essential grammar are introduced progressively, with special attention to foundational grammar topics such as the simple present and past tenses of verbs, compound verbs, noun inflections, and the Ezafe connector.The workshop also explores modern Persian poetry, with selections from notable poets such as Forough Farrokhzad and Sohrab Sepehri, enhancing participants' understanding of Persian cultural expression. Additionally, upon request, introductory sessions in Mongolian (Chahar dialect, using the traditional Mongolian script) and colloquial Lhasa Tibetan are available, providing comparative insights into regional languages.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_aec1c6d3c5c4

MEETING:	Monday, Wednesday, 7:30pm-9:15pm 1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION:	Munroe 217

Instructor: Axis Zhang

J-Prov

Come have fun doing improvisational comedy with the Otters! We'll play games, try long-form improv, and laugh until the day is done. No experience necessary!

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_ed1a31e0a191

MEETING: Monday, 5:00pm-7:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Forest 031 (West Basement)
Instructor: Josh Harkins
Co-Instructor: Sorina Johnston

J-Term Club Volleyball*

J-Term Club Volleyball is open to everyone interested in joining!! The volleyball workshop is a month-long program designed for players of all skill levels who want to improve their volleyball techniques and game strategies. It offers a blend of training sessions, scrimmages, and skill-building exercises, all led by experienced players. Each week focuses on different aspects of the game, such as serving, passing, setting, hitting, and defensive tactics. Participants are divided into small groups based on their skill level to ensure personalized attention and a supportive environment. Additionally, players will have the opportunity to engage in competitive play during organized matches at the end of each week, allowing them to apply what they've learned. The final week will hopefully culminate in a friendly tournament, giving participants a chance to showcase their progress and compete in a fun, team-oriented atmosphere. Whether you're new to volleyball or looking to refine your skills, this workshop provides a comprehensive and exciting way to advance in the sport.
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_d47747f3221b

MEETING: Monday, Tuesday, Sunday, 5:00pm-7:00pm
1/6, 1/8, 1/12, 1/13, 1/15, 1/19, 1/20, 1/22, 1/26, 1/27, 1/29
LOCATION: Nelson
Instructor: Madeline Cone
Co-Instructor: Joseph Sun

Jiu-Jitsu Introductory Course

The Jiu-jitsu Introductory Course provides students with an accelerated introduction to the world of Brazilian jiu-jitsu within the span of J-term. The course covers fundamental techniques, principles of leverage, and the art of grappling, providing students with a solid foundation in both self-defense and competitive jiu-jitsu. Through hands-on practice and sparring sessions, participants will develop core skills such as takedowns, joint locks, and positional control, while gaining a deeper understanding of the mental discipline required in the sport. Whether students are looking to enhance their fitness, build confidence, or pursue jiu-jitsu more seriously, this course offers a comprehensive, immersive experience.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_3bea39e19d0c

MEETING:	Tuesday, Thursday, 4:30pm-6:00pm 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION:	FIC Bunker
Instructor:	Frederick Mochizuki
Co-Instructor:	Jeff Lewis

Learn how to play Quadball (Quidditch)!*

This workshop will focus on learning the game of quadball, formally known as Quidditch. This is a great opportunity to learn the sport Middlebury created on our very on Battell Beach. We will teach skills and drills like running with a ball and broom, working with teammates, the different positions of the game, and most importantly, fun drills and scrimmages! This is a great chance to get a PE CREDIT!!! and try something new! Quadball is an all inclusive sport for everyone, no experience necessary we will teach you everything you need to know!
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_75b6279a8bd4

MEETING:	Sunday, 6:00pm-8:00pm 1/12, 1/19, 1/26
LOCATION:	Virtue Field House
Instructor:	Kate Petty
Co-Instructor:	Hayden Laster

Learn Life-Saving Skills

Learn Life-Saving Skills is an immersive, deep-dive into frontcountry and backcountry medical techniques and skills. No experience necessary! Sign up if you're interested in learning more about wilderness first aid, CPR, opioid related emergencies, or if you're an avid outdoor enthusiast or a medically inclined person who's looking for hands-on experience. Throughout the course there will be interactive activities and scenarios culminating in a final assessment for you to demonstrate what you learned. Our course will meet 4 times over the duration of the Winter Term where you will gain Red Cross certifications in both Wilderness First Aid and Adult and Pediatric First Aid/CPR/AED. These certifications can suffice OSHA workplace safety requirements and help with any job in the outdoor recreation industry. Here is a breakdown of topics for each class session: During the first class, students will become certified in CPR/First Aid/AED and Narcan, and be introduced to the Wilderness First Aid curriculum. Class two will focus on the patient assessment system, allergies and anaphylaxis, and burns.Class three will cover head/brain, neck, and spinal injuries, wounds and wound infection, and altitude-related illnesses. Class four will go over environmental-related injuries like heat stroke and hypothermia and culminating scenario.

Registration Link: go/firstaid, https://docs.google.com/forms/d/e/1FAIpQLSe9tUlf5v6DA6hqcJEj5ddTRdGAuEA_uvCC9tP962c_rAhIhw/viewform

MEETING:	Sunday, Saturday, 12:00pm-5:00pm 1/12, 1/19, 1/25, 1/26
LOCATION:	Health & Wellness Education Office
Instructor:	Anna Hand
Co-Instructor:	Will Griffin

Learn to Knit with Midd Yarn and Yap

Ever seen a hand-knit hat and wanted to make your own? Look no further! Join members of Midd Yarn and Yap, Middlebury's new(ish) and cozy fiber arts circle, to learn how to make your own hat. We'll guide you through every step of the way, from casting on, learning basic stitches, decreasing, and finishing your hat. We'll provide you with a cozy atmosphere and all the materials you need (and if you're lucky we might even bake some treats to munch on as you knit!). Due to the nature of the workshop and to increase access to knitting, please only register for this workshop if you don't yet know how to knit. If you're interested in joining Yarn and Yap (experienced fiber artist or otherwise), we'd love to see you at our weekly club meetings–follow us on Instagram @middyarnandyap or join our GroupMe (go/yarn/).

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_fded9d1335e9

MEETING: Wednesday, 7:00pm-9:00pm
1/8, 1/15, 1/22, 1/29
LOCATION: Chateau Grand Salon
Instructor: Hope Jerris
Co-Instructor: Lily Weissman

Learn to Skate*

The Learn to Skate Workshop seeks to teach the basics of figure skating to Middlebury students in a low-stress environment! No experience is required and skates are provided. Students can expect to learn how to move forwards, backwards, start spinning, and start jumping. Participants will also be provided the opportunity to perform as a group in our Annual Winter Carnival Ice Show! Experienced skaters will work closely with workshop participants to provide one-on-one feedback, in addition to teaching in larger group settings. Email us at figskate@middlebury.edu for any questions!
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_54ce5c38e4bd

MEETING: Tuesday, Thursday, 1:00pm-2:00pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Kenyon Arena
Instructor: Lizzy Sherman
Co-Instructor: Ting Cui

LeetCode bootcamp

Here I will teach people common Data Structure and Algorithm industry questions through LeetCode, as well as general preprofessional tips and tricks for navigating industry as a computer science major. We will do together not just the daily problem, but any additional problems we have time for, and we can focus on certain algorithms, data structures, or solving techniques.This is suited for both people new to LeetCode or seasoned vets, and open to anyone looking to get a jumpstart on preparation for next year's application cycle

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_46a2dd9204e1

MEETING: Monday, Wednesday, 7:00pm-9:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29

LOCATION: 75 Shannon St 202
Instructor: Alex Nichols

Let's make a plan!

Looking for some dedicated time to sit down and brainstorm ways to set and create your goals? Has something been stuck on your to-do list for a while? Are you hoping to feel more set up to accomplish next semester? Join Health & Wellness Education for a 1.5 hour session on all of the above. We'll have dedicated time for you to think about creating goals and making a plan to accomplish them using writing exercises and group support. Participants will walk away with up to three training workbooks (small, paperback) to take with them to keep the goal-setting going! Register at go/letsmakeaplan

The same workshop will be offered twice in the Health & Wellness Education Office located on the ground floor of Ross: Thursday, January 16th from 1:00-2:30pmThursday, January 30th from 2:30-4:00pm

Registration Link: go/letsmakeaplan, https://docs.google.com/forms/d/e/1FAIpQLSeRH2Xx8IVSiLw76DpwZkDrPL6muJdGjgvFfuurqjprH_aFCA/viewform

MEETING: Thursday, 1:00pm-2:30pm, 2:30pm-4:00pm
1/16, 1/30
LOCATION: Health & Wellness Education Office
Instructor: Karly Beavers

Log Rolling Workshop*

Ever wanted to learn how to log roll? Have you been waiting for the right time to practice? Wish it was a PE credit? This J-Term, we'll be running a Log Rolling Workshop! We'll have weekly 2-hour practices to help you learn and progress, starting with basics of balance and log control and working up to dueling and tricks. All you need to bring is your bathing suit, your towel, and your enthusiasm for log rolling!

Due to space and equipment constraints, class size is limited. Please register if you think you can commit to a minimum of 3 sessions. Thank you!

*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_b825476348fb

MEETING: Monday, 2:00pm-4:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Natatorium
Instructor: Tyler Hadar
Co-Instructor: Angie Como-Mosconi and Hayden Laster

Mindfulness & meditation 4-week series

Mindfulness & meditation is a four-session introduction to mindfulness course designed to meet the needs of college students - but potentially beneficial to any adult. Learn and practice new meditations each week while practicing mindfulness outside the sessions with the use of an app. The four sessions are designed to help you learn mindfulness through the practice of specific skills that calm and focus your mind; and through the practice of meditation. If you are feeling pressured and stressed, or just interested in learning a new skill that can enrich your life, these classes are for you!This will be offered to Middlebury students, staff, and/or faculty on Wednesdays January 8, 15, 22, 29th 3-4pm EST in the Health & Wellness Education Office, located on the ground floor of Ross (below Ross dining hall). Email Karly Beavers at kbeavers@middlebury.edu for any questions and sign up for the interest list at go/mindful.

Registration Link: go/mindful,
https://docs.google.com/forms/d/e/1FAIpQLScMNsurucHZ-g3DkNsw8oJB-m7YjnXEEuyE8wvbNGljJBU1tA/viewform

MEETING: Wednesday, 3:00pm-4:00pm
1/8, 1/15, 1/22, 1/29
LOCATION: Health & Wellness Education Office
Instructor: Karly Beavers

Moroccan Colloquial Arabic

Join us to learn the essentials of Moroccan Arabic, Darija! This workshop offers a hands-on experience with everyday phrases, cultural insights, and conversational skills to help you navigate Moroccan language and culture with confidence.

Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSei_CSfrmUuxODbzTGsiGHIZOLuMnJbi-O2rOa9ltN03-BQDg/viewform?usp=sf_link

MEETING: Tuesday, Wednesday, Friday, 3:30pm-4:15pm

1/7, 1/8, 1/10, 1/14, 1/15, 1/17, 1/21, 1/22, 1/24, 1/28, 1/29, 1/31
LOCATION: Twilight 301
Instructor: Karima Bouchafra

Poesia Brasileira em Movimento - Brazilian Poetry in Motion

In this workshop, we will explore the world of Brazilian poetry, focusing on some of the most significant poetic movements in the country's history. Throughout three sessions, we will uncover concrete poetry, cordel, and other forms of expression, analyzing not only the historical and cultural context but also the impact of these creations. In addition to learning about important Brazilian poets, you will have the chance to create your versions based on the styles we study.The goal is to provide a deeper understanding of these movements, developing both the critical eye and the creativity of the participants. Each session will include practical and interactive activities, ranging from reading and discussing texts to producing original materials.The workshop will be divided into three sessions over the month, with each session lasting two hours. A basic level of Portuguese is required to ensure we can work more effectively on the analysis and creation of materials.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_b96fd09e55a8

MEETING: Wednesday, 3:30pm-5:30pm
1/8, 1/15, 1/22
LOCATION: Axinn 220
Instructor: Edmar Augusto de Lima Silva

Portrait Drawing

Each week, we'll spend a couple of hours drawing portraits from live models and working on finding joy and peace through drawing. No skills or experience required as this is not meant as an instructional space, just a time to have fun drawing people. Bad drawers and those without experience are encouraged to join! Two people will be around to give tips and guidance, but not lectures or drills. We will provide paper, pencils, and charcoal.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_8568a9285370

MEETING: Tuesday, 4:00pm-6:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Johnson 105

Instructor: Maia McNeill
Co-Instructor: Nicky Coupe

Radical Jewish Rituals

In this workshop, we will explore ancient technologies of mindfulness, healing, and connecting with ourselves, the world, the Other, and the struggle for radical justice that have been found in Jewish traditions of the past and present. Our four sessions will be: singing based Judaism, nature based Judaism, magic based Judaism, and activism based Judaism. We will have guest speakers who are members of our communities who have expertise on these topics guide us in an interactive, warm, and heart-opening four weeks!

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_71d2f3f48769

MEETING:	Thursday, 7:30pm-8:30pm 1/9, 1/16, 1/23, 1/30
LOCATION:	Hillcrest 103
Instructor:	Joshua Glucksman
Co-Instructor:	Lili Platt

Reading Han Kang

What better way to celebrate the recent Nobel-winning author Han Kang than to read her works? In this four-week workshop, we will operate as a reading group and parse some of Han Kang's well-known works in English translation, starting with Human Acts, moving on to The Vegetarian, and perhaps concluding with her short stories if time and readers' capacity allows. We will close the workshop with a communal dinner.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_384dee840824

MEETING:	Tuesday, Thursday, 7:00pm-8:30pm 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION:	Humanities House (115 Franklin St)
Instructor:	Caroline (Xiaoyuan) Jiao

Restorative Practices - Facilitation 101

This 3-hour training will be held on January 15, 2025, from 2-5pm in the Mitchell Green Room of the McCullough Student Center. Participants will get an opportunity to learn more about Restorative Practices facilitation and experience being in circle. Participants need to be able to attend all 3 hours. Participation will be capped at 12 individuals.

Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSeKUK404Vli_brh3iWkTRuKVfvrfuWi9tlnRW-RhFL6u7NQqQ/viewform?usp=sf_link

MEETING: Wednesday, 2:00pm-5:00pm
1/15
LOCATION: Axinn Abernethy Room
Instructor: Brian Lind
Co-Instructor: Noreen Pecsok

Riddim World Dance Troupe Winter Term Workshop*

Join Riddim World Dance Troupe this J-term for their 2025 Winter Term Workshop. We will be teaching new and old choreography from our previous shows, across a variety of styles, and choreographers. You do not need dance experience to participate in the workshop, and it is open to ALL Middlebury students. We hope you will join us as we have fun dancing this Winter!
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_8f9acb39a394

MEETING: Tuesday, Thursday, 6:30pm-8:30pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Wilson Hall
Instructor: Meera Patel
Co-Instructor: Carolina Garcia

Rooted Words: Nature, Identity, and Postcolonialism in Caribbean Literature

This workshop will focus on Caribbean storytelling through literature, history, and food! Together, we'll explore how Caribbean writers use stories—both fiction and non-fiction—to reflect and shape postcolonial identities, examining themes of resilience, belonging, and cultural memory. We'll read authors like Olive Senior, Maryse Condé, Derek Walcott, and others, whose works help us understand how identities are constructed in the context of colonial legacies and vibrant cultural landscapes. To ground our discussions and honour the cultural connections between land, story, and heritage, we'll incorporate traditional foods from various Caribbean nations (cooked to the best of my ability!). Each session will weave together literary and culinary explorations, bringing text and taste into conversation as we explore how the Caribbean's landscapes and cultural legacies inspire visions of renewal and re-imagination. Whether you're from the Caribbean or simply curious to learn, this workshop is a space to connect with the region's voices and celebrate the stories that shape its identity.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_c8e1a3013811

MEETING:	Thursday, 5:00pm-6:30pm 1/9, 1/16, 1/23, 1/30
LOCATION:	AFC
Instructor:	Kiara Dookie

The Art of Slang: Mastering Everyday French

If you want to sound like a native French speaker, diving into l'argot (French slang) is essential! In conversations today, especially in Paris, slang often makes up half of what's being said. Our French Slang Workshop will take you straight into the lively world of casual conversation and help you speak like a true local. French slang isn't just about cursing; it includes everyday synonyms (like une caisse for une voiture), shortened forms and pronunciations (like chui for je suis), as well as unique structures like le verlan (for instance, une teuf for une fête).Through interactive activities, examples, and real-life scenarios, you'll gain confidence in your conversational skills and expand your vocabulary with the expressions that make French so dynamic. Join us for a fun, informative experience that will not only deepen your understanding of French but also make your interactions more authentic!

Registration Link: https://forms.gle/sA6vC47A9kUT3hbr7

MEETING:	Wednesday, 3:00pm-4:30pm 1/8, 1/15, 1/22, 1/29
LOCATION:	Chateau 109
Instructor:	Myriam Ghorrafi

The Ukrainian Dance Workshop*

Join us to experience the joy and excitement of Ukrainian dance! This workshop is a fun way to explore the lively movements of Ukrainian folk dance, a tradition that goes back thousands of years. We'll start with basic steps from different regions of Ukraine and help you build strength, flexibility, and speed. You'll even get to try some Ukrainian acrobatic moves and stretches!Whether you're a beginner or experienced in dance, this workshop is open to everyone. Just bring your energy and curiosity, and get ready to move to the beat of Ukrainian folk music!
*This workshop has been approved for PE Credit

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_bcad15dcf9b4

MEETING: Tuesday, Thursday, 4:30pm-6:00pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Wilson Hall
Instructor: Sofiia Tretiak
Co-Instructor: Valeriia Dudiak

Video dance: Brazilian funk and reggaeton

This workshop offers a mix of Brazilian funk and reggaeton dance, focusing on learning both styles. We will learn two full choreographies throughout j-term, also learning how to film a dance in these styles. By the end of the month, each participant will leave with personalized videos of their performances (individually and for groups of 3-4 people) and the skills to independently film their own choreographies. In addition, the workshop will explore the cultural significance of these dance genres in Latin America. All levels of experience are welcome. I anticipate workshop time will be spent on 85% dancing/choreography and 15% filming.

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_e21c1d711d24

MEETING: Tuesday, Thursday, 4:00pm-5:15pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Forest 031 (West Basement)
Instructor: Maya Teiman

Winter Well-being

Each week we will lead a workshop on a new mental health-related skill in an effort to help students maintain positive wellbeing during winter. We will lead conversations surrounding self-care, connection, and self-advocacy while doing cozy winter activities and enjoying snacks. This is a space to connect with others and learn more about on-campus support for mental health! During our conversations we will encourage connection and sharing while creating a safe and fun environment with a winter themed activity and snacks!

Registration Link:
https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_48abdc015c36

MEETING: Thursday, 7:00pm-8:00pm

1/9, 1/16, 1/23, 1/30
LOCATION: Chateau Grand Salon
Instructor: Kylie King
Co-Instructor: Asa Stone